

## Share your Tupperware



20 minutes

### Key message:

By eating at our desks we miss the opportunity to socialise with our colleagues. These are the people we spend a great deal of our waking time with and yet we sometimes don't get to know who they are. Knowing your colleagues can help to support natural conversations and encourages opening up about mental health.

### Activity:

This is less an activity and more of a way to get together. See if you can schedule in at least once a fortnight where people can meet up at lunch time to catch up with one another. You can make this part of your organisational culture, for example:

- Tupperware Thursday (where people can open up lunches they bring in and for people to share like Tapas)
- Or you can have a Fish and Chips Friday
- Eat out day

The basic principle being not eating at desk but getting together and catching up with one another.

### What you need to do:

Encourage people to leave their desks at lunch!

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